



The Golden Voice

Golden Age Center

3278 Whitehaven Road, Grand Island, NY 14072

January 2020

Flower: Carnation

Birthstone: Garnet

Town of Grand Island

Golden Age Center

3278 Whitehaven Road

Grand Island, NY 14072

Phone: (716) 773-9682 OR (716) 773-9683

Fax: (716) 773-9683

E-mail: goldenage@grand-island.ny.us

Business Hours: 8am—4pm, Monday—Friday

Website: http://www.grandislandny.us/departments/golden_age/index.php

John Whitney

Town Supervisor

Jennifer Baney Tom Digati
Mike Madigan Pete Marston
Town Board

Jennifer R. Menter
Recreation Supervisor—Senior Citizen

Carrie Mesmer
Recreation Leader—Senior Citizen
Golden Age Center

January Member Birthdays

January 1	Millie Attrino, Frances Gerspach & Linda Rader	January 16	Sue Fleischauer, Darlene Hewitt, Joy Mesmer, & Sudha Sharma
January 2	Rick Bonarek & Raymond Whitbeck	January 17	Barbara Creighton & Ron Sutton
January 3	Terry Funk & Bonnie Alabiso	January 18	Gail Becher, Robert Davis & Linda Piro
January 4	Gail Berti, Christine Ryan, Lynn Vaine & Karen Woods	January 19	Susan Razmus
January 5	Dennis McCloskey, Sue Novits, & Bob Zielinski	January 21	Mary Cooke, Dennis Lach & Ron Pavis
January 8	Sherilyn Gillard, Sharon Koehler, & Brooks Rimes	January 22	Jean Bousquet & Joanne Browne
January 9	Richard Brzyski, Rita Desemone, Sam Loquasto, & Martha Merrinan	January 23	Mary Jane Clark
January 10	Darlene Conners	January 24	Warren Becher
January 11	Stephan R. Kovacs, Jr., Bob Marcel, & Joyce Neill	January 25	Judi Polizzi & Carolyn Spacone
January 12	Barbara Fritchey & Martha Muller	January 26	Mary Caldwell
January 13	Lynn Henschel & Carol Kraemer	January 27	Brent Minet, Pat Shickluna, Mary Stewart, & Judi Wakefield
January 14	Dolores Hoefner & Sylvia McGinn	January 28	Barbara Grabiec
January 15	Carol Boreali	January 31	Ron Duguay

Weekly Consistent Activities at the Golden Age Center

MONDAY

Tai Chi: 9:00am with **Pat** in the Community Center

Color & Coffee Time: 9:30am in the Dining Area

Anything Craft Class: 10:00am with **Lorraine** in the Arts & Crafts Room

Arthritic Chair Exercises: 12:30pm with **Lorraine** behind the Stage

Pinochle & Various Card Games: 12:30pm in the Dining Area

Fun with French: 12:45pm with **Jen** in the Dino Room in the Activity Center

Bridge: 1:15pm in the Dining Area

TUESDAY

Total Body Workout: 9:30am with **Michelle** in the Community Center (*Fee for class is \$1*)

Technology Club: 10:45am with **Michele** in the Arts & Crafts Room ***1-ON-1 Instruction BY APPOINTMENT***

Beginner Line Dance: 11:00am with **Richard** behind the Stage

Canasta and Various Card Games (Pinochle, etc.): 12:30pm in the Dining Area

Bingo: 12:45pm with **Carrie** in the Arts & Crafts Room

Advanced Line Dance: 12:45pm with **Richard** behind the Stage

WEDNESDAY

Golden Age Chorus: 10:00am with **Don** on the Stage

Artists' Haven: 10:00am in the Dino Room in the Activity Center

Various Card Games (Pinochle, Canasta, etc.): 12:30pm in the Dining Area

Fun with French: 12:45pm with **Jen** in the Dino Room in the Activity Center (**3rd, 4th, & 5th Wednesdays of the month**)

THURSDAY

Total Body Workout: 9:30am with **Michelle** in the Community Center (*Fee for class is \$1*)

Bingo: 10:00am with **Carrie** in the Arts & Crafts Room

Mahjongg: 12:15pm in the Pool Room (Lounge)

Euchre & Various Card Games (Pinochle, Canasta, etc.): 12:30pm in the Dining Area

Ceramics: 1:00pm in the Arts & Crafts Room

FRIDAY

Tai Chi: 9:00am with **Pat** in the Community Center

Chess: 9:00am in the Dino Room in the Activity Center

Coups for Troops: 9:30am in the Dining Area

Trim Time: 10:00am on the Stage

Read & Feed Book Club: 10:00am in the Arts & Crafts Room

Arthritic Chair Exercises: 12:30pm with **Lorraine** in the Arts & Crafts Room OR behind the Stage

Poker & Various Card Games (Pinochle, Canasta, etc.): 12:30pm in the Dining Area

Thursdays in January beginning January 9: *Organizing Your Records*

Time: 12:45pm

Place: Stage

Join Carrie as she starts your New Year getting your important records in order. This will be held every Thursday with each week being a different section of a binder you will create to put all your important items in order. This class is **limited to 10 people** and the **cost is \$10.00, which includes the binder and all other supplies**. Please register with the Office or by calling 773-9682. At registration, you will receive a list of items you will need to bring each week. What a way to get the New Year started!

Wednesday, January 1: The Golden Age Center is **CLOSED** for the New Year's Day holiday.

Thursday, January 2: *Taking Down the Greens & Decorating for Winter Party*

Time: 12:45pm

Place: Dining Area

Let's have some fun taking down the decorations and putting up some new ones to decorate for the Winter season around our dear Golden Age Center. Many hands make for light work!

Friday, January 3: *Ice Bridges*

Time: 10:00am

Place: Dining Area

Winter brings people to Niagara every year to enjoy the beauty of the ice and snow and see if the "bridge" of ice has formed. Come listen and see photos from yesteryear when people were allowed to be on the ice! Join us for this great presentation, put on by Carol Rogers from NYS Parks, Recreation and Historic Preservation. Please call (716) 773-9682 to reserve your spot in this free presentation.

Friday, January 3: *Sewing Club Meeting*

Time: 12:30pm

Place: Dining Area

Join Carrie as we organize for the year the sewing projects we would like to accomplish. There will be some patterns available to view or we can decide on something then. No actual sewing will be done today unless you have some personal sewing you would like to get accomplished.

Monday, January 6: *Members' Coffee*

Time: 10:30am

Place: Dining Area

Please join Jen for a warm beverage and a light breakfast as members discuss thoughts, wishes, and happenings at the Golden Age Center. Questions, suggestions and feedback are warmly welcomed. Come and join in the conversation; your input, time and feedback are valuable! Jen hopes to see you there!

Monday, January 7: *At the Races!*

Time: 12:45pm

Place: Dining Area

Let's have fun "betting" on our own horses here at the GAC. This game is guaranteed to make us laugh and have lots of fun! Yahoo and giddy up!

Tuesday, January 7: *Walmart Trip*

Time: The Golden Age Bus will leave at 8:30am.

Place: Meet at the benches at the Entrance.

We are offering a shopping trip to Walmart to those seniors who don't drive off the Island or for those who would rather leave the driving to us! This is the perfect opportunity to get your bi-weekly shopping done. **Reminder: you are limited to 4 shopping bags that YOU can lift.** Please call us at (716) 773-9682 or stop in to reserve your spot on our Golden Age Van. **Suggested donation: \$3.00**

Wednesday, January 8: *United Health Care*

Time: 10:00am – 11:30am

Place: Outside the Dining Area

John Koller from United Health Care will be here to answer any of your health insurance questions and will be able to provide you information on health care plans from United Health Care & Aetna. Stop on by and have some peace of mind about the many health insurance changes in 2020.

Wednesday, January 8: *Ho-Down Birthday Lunch*

Time: 12:00 NOON for the Birthday Lunch; 12:45pm for the entertainment

Place: Dining Area

Let's get together for lunch and celebrate the seniors who are celebrating a birthday this month! Dress in your western wear and join us for a delicious finger-licking lunch! Of course, the party would not be complete without ice cream & birthday cake, graciously donated by Elderwood at Grand Island. Join us for some great entertainment with the country band **High Noon**, Lyle Stang and Jimmy Sweet, starting at 12:45pm, to wrap up our Birthday Party. Mark your calendars and join in the fun!

Friday, January 10: *Power of Positive Thinking*

Time: 10:00am

Place: Dining Area

Join Jennifer Johnson with BlueCross BlueShield of WNY as she educates us on the importance of this mindset. Our thoughts impact what we believe, which determines how we feel, and subsequently how we act. Therefore, we are what we think, so think positive! During this seminar, you will learn: • What is positive thinking and how does it work? • Myths and facts about positive thinking • How to improve your ability to think positively. Join us for this discussion and presentation.

Friday, January 10: *Tea Party*

Time: 12:30pm

Place: Dining Area

Did you know that January is National Hot Tea Month? Let's have a fun time as we have a fancy tea; complete with sweets and well, tea! Due to the nature of this program, there is a registration and a **cost of \$2.00** to participate. Please register at the Office. Payment holds your spot in this program!

Monday, January 13: *Fantasy Island Job Fair*

Time: **10:00am—11:30am**

Place: *Dining Area*

Fantasy Island is looking for team members for various areas of the park-Admissions, Guest Services, Shops, and Food and Beverage to name a few. We offer flexible schedules, opportunities to interact with guests and a great work environment. See you there!

Monday, January 13: *Rubber Duckie Race*

Time: **12:45pm**

Place: *Dining Area*

Who knew? Today is National Rubber Duckie Day so we are going to race our own rubber duckies. Get ready for some wacky fun as we cheer on little yellow ducks in a “pool” of water to see whose duck comes in first place!

Tuesday, January 14: *Crafting for a Cause*

Time: **10:30am**

Place: *Dining Area*

Please join Carrie while we make a January gift for our Meals on Wheels recipients here on Grand Island. Help give back to your community and share our love for our seniors who are housebound.

Wednesday, January 15: *Social Program for Individuals with Dementia*

Time: **1:30pm—4:30pm**

Place: *Community Center*

Attention caregivers of people with Alzheimer’s disease or a related dementia: A dementia-specific respite program runs today and every 2nd Wednesday of the month from **1:30pm until 4:30pm in the Community Building on the Nike Base**. This is a social group respite that we find benefits people with dementia and their caregiver. This respite is fun-filled with EIGHT varied activities planned throughout the course of the program. Great friendships and fun take place here! Please call Jennifer Menter at (716) 773-9682 for more information on this social program.

Wednesday, January 15: *Dementia Caregiver Support Group*

Time: **1:30pm**

Place: *Stage*

Build a support system with people who understand. Alzheimer’s Association caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, friends and family of persons with dementia to: develop a support system, exchange practical information on caregiving challenges and possible solutions, talk through issues and ways of coping, share feelings, needs and concerns, and learn about community resources. Join us for this monthly group & come when you can. Please call 1 (800) 272-3900 for more details AND to register for the group.

Wednesday, January 15: *Intergenerational Potluck Night at the GAC*

Time: **5:00pm – 7:30pm**

Come and bring your grandchildren, children, nieces, nephews, neighbors, or dear friend of any age to the Center to engage in games and fun with others. Let’s share how special the Golden Age Center is to us all. Bring a dish to share; beverages will be provided. (You do NOT need to have a guest to enjoy this event, but realize there will be people of all ages here). Please register at the Office or by calling (716) 773-9682 for this event so we can have an accurate head count.

Thursday, January 16: *Executive Board Meeting*

Time: **12:30pm**

Place: *Stage*

ATTENTION: Calling ALL members of the Golden Age Club Executive Board! The Golden Age Club President Anna Vaccaro requests the presence of all officers and chairpersons for the monthly meeting following lunch. She looks forward to seeing you there, as we’ll be discussing January events, upcoming February events, as well as other important topics. Mark your calendars!

Friday, January 17: *Movie Event: The Bucket List*

Time: **12:30pm**

Place: *Dining Area (Front)*

Join Carrie as we enjoy a funny movie about two complete strangers sharing a hospital room that have two things in common: coming to terms with themselves and a desire to complete a list of things to see and things to do before they die. They check out of the hospital and leave on an adventure of a lifetime.

Monday, January 20: The Golden Age Center is **CLOSED** in observance of Martin Luther King, Jr. day.

Tuesday, January 21: *Walmart Trip*

Time: The Golden Age Bus will leave at **8:30am**.

Place: *Meet at the benches at the Entrance.*

We are offering a shopping trip to Walmart to those seniors who don’t drive off the Island or for those who would rather leave the driving to us! This is the perfect opportunity to get your bi-weekly shopping done. **Reminder: you are limited to 4 shopping bags that YOU can lift.** Please call us at (716) 773-9682 or stop in to reserve your spot on the bus. Suggested donation: \$3.00

Wednesday, January 22: *Mitten Recognition Luncheon*

Time: **11:30am for the Recognition Ceremony; 11:45am for the Luncheon**

Place: *Dining Area*

This special luncheon recognizes all of the Golden Age members that have given their time and talents in crocheting and knitting hats, gloves, scarves, and headbands for those in the community who are less-fortunate. Join us as we thank them for the efforts in giving back to our WNY community, helping to keep people warm and cozy during the cold, winter months.

Wednesday, January 22: *Snowshoeing at Beaver Island State Park*

Time: **1:00-2:30pm**

Place: *Beaver Island State Park (meet at Area #4, please)*

Enter a winter wonderland and snowshoe around Beaver Island State Park! Adventure toward the water on a January afternoon. Snowshoes will be provided weather permitting. If there is no snow, we will take a walk. Please register for this program by calling the Office at (716) 773-9682. Jen looks forward to leading you all on this program, along with our friends from NY State Parks, Recreation and Historic Preservation.

Wednesday, January 22: *Potluck & Games Night*

Time: **5:00pm – 7:30pm**

Join us this evening for a Potluck and your choice of games from our Entertainment Center, to our Lounge (Pool Room), there's a plethora of choices, or feel free to bring your favorite! From card games to dominoes, billiards games to board games, come out and socialize and have fun! Please register and let us know what you will be bringing by stopping at the Office or by calling (716) 773-9682. Bring your favorite comfort food to share. We look forward to catching up with everyone after the holidays over a great potluck dinner, with great food and great conversation.

Thursday, January 23: *Fantasy Island Job Fair*

Time: **10:00am—12:00pm**

Place: *Dining Area*

Fantasy Island is looking for team members for various areas of the park-Admissions, Guest Services, Shops, and Food and Beverage to name a few. We offer flexible schedules, opportunities to interact with guests and a great work environment. See you there!

Thursday, January 23: *General Meeting & Town Time*

Time: **11:15am for the General Meeting; 12:30pm for Town Time**

Place: *Dining Area*

Join us for our monthly General Meeting with the Golden Age Club and the Golden Age members, hear about happenings in the past month, as well as upcoming events and programs at the Golden Age Center. Enjoy a delicious lunch at 12 Noon, and stay to hear the updates on happenings around our Grand Island community after lunch with Town Time with our Town Supervisor and Town Liaison. Stay informed!

Friday, January 24: *Grand Island Memorial Library Mobile Bookmobile*

Time: **10:30am—12 Noon**

Place: *Dining Area*

Join Bridgette and the Grand Island Memorial Library staff as they bring their mobile Bookmobile here to the Golden Age Center! Register to get a new library card, learn more about the programs and services the local library provides, AND be able to check out NEW titles of library books. Check out all that our local library has to offer our community!

Friday, January 24: *The Benefits of Chair Yoga— with Soma Cura*

Time: **1:15pm**

Place: *Stage*

Get centered and balanced with a great Chair Yoga class, offered by our friends from Soma Cura! The class will start with Vanessa talking about the benefits of yoga and meditation, how you can tap into your health insurance to cover the cost of yoga and meditation classes, and ending the program with a Chair Yoga demonstration for you to enjoy. Want to take part in the fun and learn more about this practice? Please register for this popular program by calling (716) 773-9682 to reserve your spot. Wear comfortable clothing and comfortable shoes to participate. Bring a mat, should you wish to practice with one. Chairs will be provided. Come and get centered and learn something new with us!

Monday, January 27: *Trivia Fun!*

Time: **12:45pm**

Place: *Dining Area*

Join Carrie for some trivia questions and see if she can stump you! Let's see how you do in a variety of categories and maybe you will earn the bragging rights of being named the "Smartest Senior".

Tuesday, January 28: *Crafting for a Cause*

Time: **10:30am**

Place: *Dining Area*

Please join Carrie while we work on a project of t-shirt bags. Help give back to your community!

Tuesday, January 28: *Bingo Bonanza!*

Time: **12:45pm**

Place: *Dining Area*

Come join us for some fun, special BINGO Bonanza games! Join us for a chance to win GREAT PRIZES and PRIZE MONEY (from \$1—\$5 winnings). Come one, come ALL! ***COST: \$1.00 to play; players can play up to 4 Bingo boards for this price. Each additional BINGO board (over 4 boards) can be purchased for an additional \$1.00.*** Come one, come all!

Wednesday, January 29: *Dinner & a Craft*

Time: **5:00pm for dinner; 6:00—7:30pm for the craft**

Place: *Dining Area*

Join us for a fun and relaxing evening here at the GAC! Dinner will be catered by a local restaurant; menu to be posted. Craft to be announced. Participation is LIMITED in this program, so be sure to sign up and pay early, as payment holds your spot in the program. ***Cost: \$20, payable by cash or check made payable to the Golden Age Center***

Friday, January 31: *Lighthouses of the Seaway Trail*

Time: **10:00am**

Place: *Dining Area*

Use the light to guide your way to learn about the lighthouses along the seaway trail! Stretching 518 miles, and filled with history and stories, you'll find yourself traveling from the shores of Lake Erie through New York to Pennsylvania! Join Kelly Sieman from NY State Parks, Recreation and Historic Preservation for this interesting presentation. Please register for this free presentation by calling (716) 773-9682 or by stopping by the Golden Age Center Office.

Friday, January 31: *Super Bowl Fun!*

Time: starting at **11:00am**

Place: *Dining Area*

Wear your favorite team's apparel and let's have some fun celebrating the upcoming Super Bowl this weekend! Bring in your favorite appetizer to share as we engage in all things related to football! After lunch we will show the movie, *The Blind Side*, for you to enjoy.

Go Green! Fill out this form and return it to the Office to receive your monthly copy of the ***Golden Voice*** newsletter via e-mail!

Name: _____ E-mail Address: _____

Golden Age Center Lunch Calendar

Lunch is \$4.00. ON SPECIAL EVENT DAYS, lunch will be \$5.00 or more, and will be noted in the lunch calendar.

Lunch is served at 11:45 am Monday-Thursday & 11:30 am on Friday.







On Special Event days, lunch is served at 12 Noon.

Lunch includes: A cup of homemade soup, vegetable or fruit, an entrée with a meat, potato or other starch, dessert, with a choice of hot tea, iced tea OR coffee

Our Souper Seniors Lunch Includes: Unlimited soup & sandwiches, beverage & a dessert

January 2020

Sun. Mon. Tue. Wed. Thu. Fri. Sat.

			1 CLOSED 	2 Spaghetti & Homemade Meatballs	3 Souper Seniors 	4
5	6 Members' Coffee 10:30am Brunch for Lunch (Please call for menu!)	7 Reuben with Chips & a Pickle	8 Birthday Lunch \$5 Fried Chicken with Mashed Potatoes and Gravy	9 Ham with Pineapple Sauce	10 Souper Seniors 	11
12	13 Roasted Turkey & Stuffing	14 Meat Lasagna	15 Chicken Caesar Salad	16 Executive Board Meeting Breaded Pork Loin with Potatoes Au Gratin	17 Souper Seniors 	18
19	20 CLOSED  Martin Luther King Jr. Day	21 Ham and Scalloped Potatoes	22 <i>Mitten Recognition Luncheon</i> Pork with Roasted Potatoes	23 General Meeting \$5 Southwestern Taco Pie with Spanish Rice	24 Souper Seniors 	25
26	27 Hearty Goulash with Garlic Bread	28 Polish Sausage & Lazy Pierogi	29 Beef Taco Salad	30 Hobo Pack	31 Souper Seniors 	



Just a reminder...

On snowy mornings, the
Nike Base sidewalks and parking lot
will be plowed and
salted by 8:45am.



Closings due to winter weather



If the *Golden Age Center* is **CLOSED**, you will find this information in the following places:

- On the *Town of Grand Island* website, under *Departments*, & under *Golden Age Center*
- Announced on news channels 2, 4, & 7
 - Via signs on our door
- By calling our Office at (716) 773-9682 & (716) 773-9683

CONGRATULATIONS to December Birthday Lunch Split Club Raffle Ticket winners:

Lorraine Mangin, Don Lewis, Jill Travis, Jan Yardley, Jim Walf, Anna Vaccaro, Brenda Cassoni, & Fran Romanchuk and friends

CONGRATULATIONS to November General Meeting Split Club Raffle Ticket winners:

Phyllis Martin, Rick Berti, Dave Rogers, Lorraine Mangin, Jim Walf, Anne Hipp, Kathy Lechner, Anna & Bob Vaccaro, Hank Meyer & Jack Mahnk



We hope that you all
enjoyed the
**60th Anniversary of the
Golden Age Club and
the Golden Age Center!**

SAVE THE DATE!

**Our 65th Anniversary of the
Golden Age Club and the Golden
Age Center will be on
Monday, December 16, 2024!**

A warm welcome to all our new members of the Golden Age Center:

Susan Seay

Tommy Seay

Eugene Corey



Coffee for the Month of January has been graciously donated by the Grand Island Historical Society, *for all Golden Age Center members to enjoy*. Thank you for their thoughtful generosity and support of the **Golden Age Center**.



Gym equipment & piano

On the *Stage*, the *Golden Age Center* has a stationary bike, a rowing machine, resistance bands, small exercise balls & some light weights for our members to use, as well as a piano to play! Members who use this equipment will sign a waiver & will be shown how to properly use the equipment. The gym equipment and piano are available for use:

Mon. & Fri.: 8-10am; 1:30-4pm

Tuesday: 8-9am; 3-4pm

Wed.: 8-10am; 1:30-4pm

(EXCEPT the 2nd Wednesday of the month
from 1:30-2:45pm)

Thursday: 8-9am; 12:30-4pm



Monthly Birthday Drawing:



Each month, we will have a drawing for **two lunch tickets** at the *Golden Age Center*. If your birthday falls during the current month, each day you participate in the lunch program, you may fill out a slip and put it in the Birthday Drawing. The winner will be drawn the last day of the month. **Jo-Ann Greico** is the lucky winner for the month of **November!**



Senior Discounts to enjoy around the community

Take advantage of these great discounts around the community:



- ♦ Walgreens: 15% off on the 1st Tuesday of the month; 25% off Walgreens brand items
 - ♦ Savers: 30% off on Tuesdays
- ♦ Rite Aid: 20% off ALMOST EVERYTHING the 1st Wednesday of the month
 - ♦ Tops: 6% off on the 1st Tuesday of the month
- ♦ Olympic Restaurant: Senior Dinner Discounts **EVERY NIGHT!**
 - ♦ Tim Hortons: 10% off your order ANYTIME!
- ♦ Fucillo Toyota: 10% discount on non-discounted services, such as oil change
 - ♦ Denny's: 15% off
 - ♦ Ted's: Veterans get a 10% discount

If you know of any other discounts, please let us know, so we can spread the news to our senior citizens!

Members we lost in December 2019:

Please keep these members and their families and friends in your thoughts during this difficult time. Our Golden Age friends are dearly missed and they will be forever in our hearts.

If any Golden Age members have passed away and are not listed, please contact the Office at (716) 773-9682 so we can update our records. We sincerely appreciate your help.

Hazel Rowe

Julia Goodwin

Miles E. Havens

Mary Mack

Neighbors Foundation of Grand Island



stands ready to help with food for families who find themselves temporarily in financial difficulty. Long-term or repeat help must come from government social services or staffed help agencies, but the Neighbors Foundation can provide emergency help. To start a request for help, phone:

773-1452 or 773-4684

ATTENTION GOLDEN AGE MEMBERS,

Starting on Wednesday, January 15, 2020, the Golden Age Center will be OPEN until 8pm on Wednesday nights for everyone in the community to enjoy!

Please stay tuned to the FEBRUARY newsletter for some GREAT new programs starting, including an OPEN HOUSE and other fun announcements!

Wishing you all a happy and healthy New Year 2020, *Jen Menter*